

Kirkstall Harriers Newsletter

No. 130 September 2014

This Month Edited by Matt Sykes-Hooban



News in brief

* Kirkstall Abbey 7

Our Trail Race is coming up fast and is now less than 3 weeks away! An Email has been sent out from the club account, requesting marshals and general volunteers to help to set up the event on the day. Please send an email reply to confirm you can help out in anyway, or you can always let Secretary Buckley know you are able to help on a training night. Or you could even post on the facebook group. Please remember that the race is on Sunday 21st Sept with the main race setting off at 10am.

* Horsforth 10k Update

Just to remind you all if you are not already aware. The date of this race has changed to Sunday the 5th October and the start time is now in the afternoon at 3.00pm. This is also a Club Championship race.

* Horsforth Harrier's Summer Run

For whatever reasons known to Horsforth, the annual "summer" run is taking place on Tuesday night 7th Sept (Perhaps someone knew about the

promised Indian Summer— Ed) The plan is to meet at the cricket pavilion in Horsforth Hall Park. Please arrive early for a prompt 7.30 start. We will be going off in 4 or 5 groups of various speeds. After the run there will be pie and peas available – or a suitable alternative for veggies – maybe peas and peas !!! For afters Ray will again be selling his amazing cakes as a way of raising funds for the charity MND – so please bring a little money for the cakes – and of course drinks from behind the bar. We need to know how many will be staying behind for food, and how many are veggies, so if you have not already done this – please let Peter Hey know at a training night or through facebook.

* New Sportshoes.com Code

Autumn is almost here - Still warm enough for shorts (just), but just cool enough to inspire you to pick up the pace. I'm sure you've taken advantage of the long days to log more miles or train for the races, so you're more fit than you've been all year (theoretically). Make the most of your summer fitness and build on it!

Inside this issue:

News in Brief	1
VET: West Park report	2
PECO News	3
Members Meander	3
How Not to Train for...	4
Mystery Member Profile	5
Treasurer Hunt	5
Self Guided Trail Race	6
PBs, Birthdays, New Members	6
Park Run round up, Wetherby 10k	7
Park Run round up, LCW report .	8
Cookery Corner	9

Is the time right to buy a new pair of trainers before you embark on a winter marathon training schedule, or perhaps you need some new Hi Vis gear for the winter training nights?

If so pop along to our friends at Sportshoes.com and when you get to the checkout stick in the new running club code for September **RNB14** in the voucher section to receive a generous discount.

Photo of the Month

How could it not be this picture of the resplendent club in all their magnificent Purple. Leeds Park Run not just taken over... More like stuffed in a sack and taken home! Well done everyone and thanks to Helen G for the picture

Photo Of The Month



YORKSHIRE VETERANS ATHLETIC ASSOCIATION (YVAA)

For more details check on the yvaa.org website

August was a busy month for the Vets with 3 midweek races. We had great turn out to the most “local” vets race of the season for us at Kirkstall. Thanks to Abbey Runners who put on a very enjoyable and well organised event. The course was a single lap of a meandering 5.2 mile route around West Park and Becketts Park. Although it was 95% off road, it was fairly flat and fast. We had at least 35 members running. The results are on our website. But it worth mentioning here that Emma Lavelle-Wood came in 3rd FV35 and Eddie Munro was 3rd MV60, so well done to them both for their fantastic performances and we trust that they will enjoy their prizes of bottles of wine.

Currently the Ladies team are 3rd, 4th and 3rd out of 20 clubs in the 3 team events. In the First Four to count they are only 56 points behind Pudsey Pacers. The mens team are 5th 6th and 4th out of 31 clubs. They are only 9 points behind Queensbury in All to count. We need as many vets out as possible at the last race which is an interesting course too. It is also a club championship race too.

On an individual basis, Emma Lavelle-Wood is 4th lady overall and 1st in her age group. Also doing well in their individual age groups are – Catherine Barrett 5th, Alyson Glover 1st, Bal Sandhu 6th, Karen Longfellow 7th and Carol Moran 5th. In the men's individual competitions we have Adam Moger 3rd, Chris Glover 2nd, Jon Potts 4th Ed Munro 7th and Paul Glover 7th. With it being the best 7 scores out of 10 there is still plenty to race for, for some individuals.

So with 8 race results showing and only one left to race – at Spenborough on Sunday 9th November the Season is nearly over but if not worry if you have been enjoying these races and think there are no other team events coming up – please see PECO details later in the News letter

LAST YVAA RACE – CLUB CHAMPIONSHIP EVENT

Nov 9th Sunday – Spenborough 11.02am



Above: A new Club game spot the Odd Member out (Sorry Ann—Ed)

Above Left: A line of Kirkstall Harriers all putting in a great effort for the club.

Left: Is there a spot of rivalry going Vikki and Bethan?

PECO Cross Country League



Say what? Surely it hasn't come around so soon!!!

But hurrah its not long to wait for the cross country season to start . For those who enjoyed them last winter, even if you did not enjoy them, which I cannot think of anyone – we hope you will turn out again.. If you did not do any or are new to the club – there will be 5 cross country events that the club needs as members as possible to turn out.

Most of the races should be local to the Leeds area. They are about 5 miles long and last year attracted over 500 runners of all abilities and ages – so no one will be disappointed. The AGM is set for Monday 15th Sept, so hopefully we will have the dates and venues to report after then.

Hopefully we shall have lots of Mud to play in just like this muddy patch at our Peco race last season!

Members Meander—Wednesday 27th Aug

On a cool cloudy night we managed to get a very good turn out of 37 runners - most of them aware of the occasion - some maybe not? but a lot of them were wearing club colours. As usual, going through the starters orders - we recognised a few runners who were either on a good streak, or having a poor run, or down to admin errors, so a few slight last minute adjustments were made.

First home was James Nundy, but he had walked back from somewhere near the river after taking a tumble - probably trying to keep up or escape from Paul Glover, and Carol and Trish diverted from the route to finish early.

First over the line was our very new member, and husband of Sharon Beattie, Alex Cook. Needless to say his handicap time will be closely looked at next time - but hopefully it will be a nice welcome to the club for him. Alex did a run time of 49.36. 2nd over the line in a run time of 54.21 was Emma Southon, who was pretending that she did not know the route. In a closely contested finish was Andrew Kirby in a run time of 45.45. Just missing out on a prize were Richard Joyce with a run time of 39.29, and Alan Brydon with 39.24 who both came from the very back of the field, starting off in the last two positions. Alan's time was the fastest from the men, and Jen Berg was the fastest lady with 46.03. It was quite impressive to see all the runners racing around the field at the end, so close together and juggling for positions. Unfortunately with so many runners, they are only 3 winners on the night, but hopefully most of you enjoyed the event, and even more so the buffet afterwards.

Looking back at the handicapping its very easy to be wise after the event, but taking all things into consideration it was not too bad on the night. From 1st to last there was a time difference of about 10.5 minutes, but taking out the first man, and the last 3 finishers, the time difference drops to less then 6.5 minutes. Despite some differences of opinion we are settling for a course distance of about 6.5 miles. Many thanks to Steve Webb for his impeccable timing, Paul Chapman for ensuring they all finished correctly without heading straight back to the Leisure Centre, and Alyson Glover for her support on the night - and also the runners for turning up.



And the Winners are from Left to Right, Alex, Emma and Andrew. Peter H doing a grand job handing out the prizes.

How Not to Train for a Marathon- Rose George

As anyone who has heard Shami berate me will know, I have a personal trainer, Jenny Cromack at Motiv8 North in Holbeck. She's great for keeping my core strength up and my consumption of meringues with double cream down, though not entirely. (And, Shami, she costs what your shoe obsession does.) Jenny is also a very good runner, and she does me a running plan. When I did the London marathon this year, I followed her plan to the letter. I was at first nervous and then scared stiff of running the longest I'd ever run, and so I wanted all the help I could get. It worked. I had a great day on the marathon, and so I signed up for another one. Also, I did London in 4:07, which I was happy with (or so I tell people), but actually I was aiming for under 4. So, back to the marathon drawing board. I entered Yorkshire Marathon in October, and thought, this will be so much easier. No wet winter runs in the dark. Lots of beautiful summer training runs around Eccup and Harewood at 6am, with swallows fluttering beautifully around my head as I trip along at an 8 minute mile pace.



Rose stops to smell the heather flowers instead of busting out 8min mile pace training runs... (I think I'd stop and smell the flowers too—Ed)

That was the plan. Jenny first drew up a new marathon plan about three months ago. It had several phases: anaerobic conditioning first, then aerobic conditioning to get my speed up and then the long runs and more conventional marathon training started at 16 weeks away. It was such a beautiful, carefully thought-out plan. I know how long I'm supposed to run, and when, and at what pace. Those of you who are more relaxed about marathons will be wincing at that, but I found it useful. In theory. Because it turns out I've been rubbish at following it. As Andrew Kirby said, it's like when you make a cake or something: the first time you take real care, and the second time it's more slapdash. I've been slapdash. And I've been complacent.

So instead of doing the paces, I've done what I felt like. I haven't got all the mileage in, leading to Jenny saying things like "you've missed 25 miles last week," although I'd done 20. Jenny is not a sociable runner - or at least, sociability while running isn't important to her - and she is very disciplined. But I think sociable running is essential, and I've made that clear again and again by entering race and after race, even when they don't remotely fit with my training plan that week. I can't resist a Yorkshire Vets or a PECO or an Otley 10, even though they don't fit in my training plan, and I haven't resisted them. 14 mile training run on the plan? Oh, I think I'll do Eccup 10 instead. A hard interval session? But a Golden Acre Vets race sounds so much more fun!

So every week I have felt guilty for not following the plan (yes, I hear you all saying GET A LIFE ROSE), but every week I continue to do things like enter a sprint triathlon and run 5K, swim 400m and cycle 21K rather than do a 12 mile long run. Of course it doesn't really help that I've been travelling so much but that's no real excuse, particularly when it's to places where jetlag gets me up early and you end up lying in bed wide awake at 4am counting down the time until you can go running. And I haven't been as bad it sounds: I have been disciplined enough to keep running while travelling, so I've done runs around a lake in Dallas, Texas with the lovely Lake Grapevine Runners and Walkers, along the river around Stockholm, and up 16% gradient hills in Cornwall.

I did actually do three weeks of the six weeks of interval speed training that I was supposed to, and I loved it, and I got faster. I did do my 16 mile runs, although as one of them was in the company of Andrew "where is it on the map" Kirby, it ended up being four hours via Timble fell. But now I'm nervous. Suddenly 26.2 miles seems like a very long way. So I followed the Leeds Country Way Leg 3 last week (which even though it has HILLS, Marion and I came 5th out of 21 teams) with an extra 6 miles along the lovely roads of Tong. This weekend I'm doing the Great North Run. I'm fund-raising for WaterAid so I have to do it, and I want to. But somehow I'm going to have to stick 5 miles on top of the half-marathon too. My fault. If I do enter another marathon (and I probably will), I'm going to be better next time. Honest

Abbey Runners Track Session

For those who are wanting to work on speed and practice interval training, Abbey runners run a weekly session every Thursday which aims to help runners increase speed and work on breathing and running technique. Ran by Mark 'Peco' Hetherington, the session alternates from the track (£4 to attend) one week to hill sprints in Adel the next (start of Eccup 10). They are enjoyable and everyone there is really friendly and welcoming. For more information visit the Abbey Runners website.

Member Profile - The Monk



Name: The Monk

Age: Oh I'm getting on now, I am 862 years old! Can you believe it?

Occupation: Cistercian Monk

Originally from: Dijon, France

When did you start running?

I suppose it all started for me a shortly after we completed the building work on the Abbey, there was less manual labour and I can just put weight on if I so much as look at a cup of ale. I obviously prayed for a remedy but the old saying is true 'God helps a man who helps himself'. So I picked up my cassock and took to the hills around Kirkstall and never looked back.

When/How did you end up joining Kirkstall Harriers?

I guess you could say I am one of the ever presents of the Purple Posse. I happened to be looking for a group of likeminded people, you know, those that are fond of a beer but have the guilt to want to run it off after. It was divine intervention you could say that Richard Thomas and the gang formed the Leeds Postal Harriers in 1985.

What are your motivations for running?

Well The main reason is the beer, I do like a drop of Ale with my bread and cheese of an evening and well lets just say I am built for comfort not speed. The running keeps me honest with myself and of course what better way to enjoy our green and pleasant land than running through it at a steady 10 minute mile place.

What are your greatest running achievements?

Due to the nature of my calling I don't really have time to get to races so much, although we are up early everyday we keep a pretty busy routine. There is always lots to do around the Abbey, these old buildings don't look after themselves you know. My greatest running achievement to date was winning the 1182 Monks challenge trail race around Kirkstall Valley, for the younger runners in the club this area used to be all fields you know, if you don't believe me ask my good friend Peter Hey, he remembers it well!

What is your best running related memory?

That's an easy one my best running related memory has to be being asked to be the club logo when the running club changed its name to the Kirkstall Harriers, I know I shouldn't be so proud but well lets say I was chuffed to bits to be asked. And Purple was my favourite colour, you could say it was meant to be?

What is your worst running related memory?

Well we had a spot of bother with Old King Henry the 8th. Between 1536 and 1541 that was pretty terrible actually. Then there was the time I was running

through Bramley Fall Woods and I accidentally disturbed a family of Wild Boar by the river. I tell you I have never run so quickly back to the Abbey. On the flipside though I did record my quickest ever mile split!

Any words of wisdom for your fellow harriers?

Certainly I would say to everyone at the club that life is a wonderful gift but one given with a time limit, a use by date if you will. Don't waste it all on Computers and TV, get outdoors and embrace the World, seize the day, smell the flowers go for that run don't put it off tomorrow! Then drink a lovely pint of beer and eat loads of Cheese or whatever you fancy because once you have seized the day you should celebrate it. I am currently enjoying the Kirkstall Brewery's fine Contemplation brew, its simply heavenly!

Can you share an interesting fact about yourself?

Did you know that the Cistercian Monks were the early pioneers of modern Farming practices, Hydraulic engineering and the Cistercians were responsible for some of the most beautiful architecture of the middle ages.

Oh and have you ever wondered what's going on with my cheeks? Why they are puffed up like that? Its because I run with cheeks full of sweetmeats I love em! I am such a Glutton, still its a handy on the go fuelling strategy all the rage in the middle ages.

Many thanks to the Monk for taking some time out of this busy schedule to answer my questions—Ed

Treasure Hunt—Wednesday 17th September

As a training route alternative, Sam and Laura have created a 'Treasure hunt' event. Running in mixed ability pairs, each couple will be give a set of clues which will take them around a 4.5 approx route around Kirkstall. The looped route is simple and takes on a lot of common and 'enjoyable' training routes, I have made it as simple as possible to ensure no one gets lost, there are 4 possible routes which means people will not be following each other, but will pass each other going in opposite directions. There will be a prize for the fastest pair with the most questions answered correctly. Pairs will be chosen on the night, unless there is someone you would like to run with, the only thing we ask is that you run with someone slower/faster than you, to make the event fair otherwise the likes of Alan and Paul will be teaming up to win the prize. If anyone has any questions then please let me know. A post will come up explaining the process again the week before the event, as I am hoping to start a little earlier than the normal route.

I noticed a link to <http://www.countrytrailraces.co.uk/yorkshire-evening-trail-series> on a post in the KH Facebook page (credit - Lucy Churm) and thought - 'hmm, that looks like a nice way to spend an evening'.

That's pretty much what the organiser must have thought too - summer evening, easy 5.6m course mostly off-road, bit of an adventure, drink at the end in a proper pub.... I was easily convinced. I'd missed the first two of the series of 4 - there were one a month on Wednesdays throughout the summer - but made the final one. This one departed and finished at the Windmill Pub in Linton, near Wetherby.

The adventuresome bit is that there is no marshalling, not even a map handed out, though there is one to consult at the start - just a list of directions. Here's a sample:

XST, SA on faint path, BL to MP, XST, TR on path, XFB. SA on LHFE for 100m. Join path, CONT SA for 100m. Up flight of 6 steps and BL at metal poles.

Well - helpfully you are also given a 'key' to decipher the abbreviations!

It translates to: cross stile, straight ahead on faint path, bear left to marker post, cross stile, turn right on path, cross footbridge. Straight ahead on left hand field edge for 100m, etc.

Hopefully you are now less daunted, as they were actually quite easy to follow, its just the reading while running which was harder!

Having taken the 'set off when you like after 6.30pm' a bit literally, my friend Jane and I were the last people to set off, and therefore encounter no other runners on the way round, indeed people were finishing as we arrived and others were already enjoying the proceeds of their £2 drinks credit after exchanging their number at the bar. (The race only costs £5 for affiliated members, so not a bad price!)

Chatting to the organiser after, who did the whole thing single handedly sat at a table with his laptop logging starts and finishes, he said he got about 60 in each race, and pronounced the series a success. It was the first time he ran it, but I certainly hope he does again next year and I'll put them all in my diary!

Here's a final little bit of code for you to have a think about:

SA downhill (follow TP's). XST (warning - electric fence). X field (follow TP's), XST, SA on LHFE.

TP = telegraph poles! I notice that for electric fence, no abbreviation was used!

PBs and Worthy Mentions

Congratulations to all our club mates with shiny new 10k PBs;

Samantha Broome 1:02.40 Andy Carter 0:41.25 Chris Glover 0:39.41 Stephen Groves 0:40.10
Kieran O'Brien 0:44.33 Malcolm Taylor 0:59.09 (First Race) Bethan Thomas-Lloyd 0:58.56 Liz Walker 0:55.23
Stephen Webb 0:38.44

Congratulations to our club mates with 5k PBs;

Zoe Bennett 0:27.16 (First Race) Andrew Cross 0:16.40 Andrew Kirby 0:19.58 Frederick Maier 0:16.49

Birthdays



Happy Birthday to the following members who celebrated their birthdays in September:

* Sharon Cook * Alan Brydon * Sean Cook * Vikki Daniel * Isacc Dell * John Durkan
* Eleanor Gallon * Ayisha-Marie Hooper * Emma Lavelle-Wood * Paul Miller * Jonathan Moore
* Gillian Park * Bethan Thomas-Lloyd * Yom Wall

New Members

A very warm welcome to our newest club mates, we hope that they will be very happy here amongst the Purple Posse.

*Zoe Bennett *James Woodman *Luke Rushworth *Alex Cook

August Park Run Round Up—Part One

All 4 weekends in August saw a number of harriers gather together to take part/volunteer at a local parkrun, it also allowed us to do a bit of KA7 flyering.

Oakwell Hall - Birstall

Recently started up, this parkrun takes place around the woodland area of Oakwell Hall in Birstall. Unless you know the area or live near it is a bit tricky to get to (well it was for me, but that doesn't surprise anyone)

The course is a double loop from outside Oakwell Hall, running on a number of off road trail paths and woodland paths. The route is scenic, pleasant and an enjoyable one for any off road runner. It is a bit tight in some areas but the marshals and volunteer staff were brilliant.

Leeds Parkrun - Toms Pre Wedding Run

A number of Harriers turned up to run a couple of laps in honour of Tom and Kimberley getting married. The pair are now enjoying their honeymoon and posting photos for all to see, making everyone of their Harriers friends very jealous. All the best for the future and we hope you had a brilliant day.

Temple Newsam Parkrun

For the month of August Temple Newsam was the home for all runners wanting to get a time for the Leeds Athletic Series. A few harriers turned up for the last Saturday to achieve a time. The course is now back to normal, for anyone who hasn't been there since the grounds were being maintained, so yes you now have to climb that hill twice! It was also a mile stone for harrier Kieran O'Brien who celebrated his 50th parkrun. Well done Kieran. Times for this will be updated in the Leeds Athletic Series chart shortly. **Sam Broome**



Well done Kez—Says Eric!

Turn to page 9 for more Park Run news— Ed

Wetherby 10k



A lovely Bunch of Purple clad folk enjoying a spot of pre race sun!

Hosted by Wetherby Runners, Wetherby 10k is 'A Cracking little Yorkshire run'. This is my second year completing this event and I will be back next year, not only do you get a good combination of road and off road running and a really well organised event but you also get a mug for finishing and its a big builder sized, tea holding mug (Yorkshire Teabags included)! Like last year it was warm and the wind was lacking. 6 Harriers attended the event with 3 of us recording new PBs. This year I decided to start nearer the back as I was a bit too far front last year and ended up getting a stitch after the first mile. This didn't really help because the majority of the first 3k is ran along tight farm tracks, which meant that all the runners who

started too far forward were already walking at this point and making it very difficult to overtake and get any kind of steady pace. The distance went on and by 5.5k I had lost Malcolm who had grabbed some water and got some sudden speed from somewhere. The sun was warm and I thanked the lord that I had got comfortable wearing shorts otherwise my legs would have felt heavier than what they already did. Well done to Malcolm who to say he never actually wanted to take part in this went, ran his first official (non thunder run) 10k race in 59:09. I was after an improvement of 5 mins, but only managed 3:09, so I never got the time I was chasing (not helped by prepping my times in K to find I hadn't changed my watch from Miles!) so as a punishment I have now entered Abbey dash, in an attempt to chase those extra 2 minutes. **Sam Broome**

Park Run Update—Part 2

More from Sam Broome: Leeds Take Over

This was the 2nd parkrun take over of the year and as usual the purple posse came out in force. It was a warm day and with a total of 370 odd runners out, it meant the course was tight. As some of you may be aware a female parkrunner collapsed just past the 2.5k marker, she was looked after and soon taken off to hospital. I have had contact with Emily and she is fine, she was kept in hospital overnight and would like to thank everyone who helped her. Thank you to Run Director Chris Glover who set the mass start off on time and to everyone who came and volunteered, whatever role you did, it all played a massive part. As well as taking over the event, a few of our members baked cakes and goodies (to which Adam and Paul I think sampled all of as there was not a lot left when I got back). Claire Bromley has confirmed that the bake sale made a further £51.78 for Macmillian, so again THANK YOU HARRIERS.

Parkrun dates for the future

Leeds parkrun - 20th September - It has been suggested that for those who can make it, that after parkrun we head over to the Glovers to help back the goodie bags for KA7. Chris said he would also make everyone bacon sandwiches :)

Oakwell Hall - 18th October - TAKEOVER - Oakwell Hall have asked up to take over the event. I am suggesting we take a trip over a couple of weeks before hand, so for those who are unsure of the course can visualise where they may want to marshal or help out. As it is a new course and it is not as popular yet, I would suggest no pacers this time round (unless anyone feels confident to do it)

Temple Newsam - TBC - TAKEOVER - Ronnie has asked us to take over, I will look at dates, I am thinking November time. A Halloween and Christmas event has already been organised with other clubs so I will confirm dates and let you all know.



More Purple related madness at a Park Run near you!

Leeds Country Way



Eric had the refreshments sorted!

The 24th running of the LCW relay once again saw 3 Kirkstall teams entered, all 3 successfully completing the 62 mile course around Leeds. The Mixed team finished in 15th, lower than last year but 3rd home of the mixed teams and with two leg trophies: Ben/Jen on Leg 1 and myself/ Shami on Leg 6. The Vets finished 37th, and the curiously mis-named "Men's" team (very much mixed) finished 48th.

Best-placed pairing were Paul & Alan, 4th on Leg 2 including a brief diversion, with Chris G & Niamh unlucky on Leg 3 not to come home with a leg trophy after a fast run. The relentless sun took its toll on some of the later pairings, & cakes at The Podger at the finish were much needed. Thanks to all those who took part, including several recent new members and particularly to the reserves, in some cases called into action with only days

to spare.

- Leg 1 - Ben/Jen, Matt Kasparek/Neil Marshall, Paul Glover/John H
 - Leg 2 - Paul M/Alan, Gemma/Becky, Sheila/Alyson
 - Leg 3 - Chris G/Niamh, Laura D/Jill B, Marion/Rose
 - Leg 4 - Chris S/James Woodman, Jamie/Laura H, Colin/John Durkan
 - Leg 5 - Martin S/Emma L-W, Bal/Karen, Burjor/Patrick
 - Leg 6 - Shami/Adam, Hannah/Timothe, Sandra/Carol
- Adam Moger**

Expect a more detailed report in the next issue—Ed

Adam and Shami show off there 'Fast as Yorkshire Whippets' Trophy



Running Meat Free the Rose George way

"You're vegetarian?
You run?
But how do you get protein?"

I am asked this a lot. I am asked it even more in France, where I spend every August, where the thought of not eating animals is generally taken as a national insult or a sign of insanity. However, with marathon training, protein is something I have to think about carefully. Marathon training requires fuel, which means calories, and it requires carbohydrates and protein and fat and everything. But I often fall into the mistake of over-emphasising carbohydrates in my food, especially when it seemed like my ideal pre-race dinner was a chip butty, mushy peas and gravy. I base that on a very enjoyable PECO cross country run after chips but I think it was wishful thinking. It certainly shouldn't be an ideal pre-race dinner, because it consists of quick-release carbohydrates. Those are known as The Wrong Carbs. The Right Carbs are slow-release complex carbohydrates such as brown rice or wholewheat pasta. So maybe I ran so easily on that PECO because of the crumpets with Nutella I had for breakfast instead. Or lunar tides. Or something.

But now I am all about protein. My muscles need protein to recover. They are often tired these days, so I want to help them all I can. I seek far and wide for good vegetarian recipes for runners. I've got Matt Frazier's book No Meat Athlete. I've read Scott Jurek's book, which has recipes (though most of them contain expensive ingredients that I've never heard of). But I prefer to get ideas from my favourite vegetarian books, Hugh Fearnley-Whittingstall's Veg Every Day and Madhur Jaffrey's World Vegetarian. I got this idea from something in Hugh's book, although it was composed of what I had in the house or the veg bed or the allotment. It's a warm salad, perfect for these nearly autumnal days. It has protein (from the feta, nuts and That includes protein from the nuts and feta, Good Carbohydrates from the sweet potato, all sorts of goodness from the kale, water from the celery, and deliciousness from the soy sauce dressing.

It took less than fifteen minutes to make.

15-Minute Protein Salad

1 sweet potato, boiled and chunked

A handful of feta

A cooked beetroot

A stick of celery

A handful of kale, steamed then crisped in a frying pan with sesame seeds

Peanuts, walnuts, mixed seeds (sesame, linseed, sunflower), toasted in a frying pan

Dressing (a good splash of everything):

Rice vinegar

Soy sauce

1/4 teaspoonful of sugar

Sesame oil (teaspoon)

Vegetable oil (teaspoon)

A bit of lemon juice

Mix, eat.

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start. All standards of runners are welcome to join us, just turn up and say hello, we are very friendly!

Please visit our website for more info:

www.kirkstallharriers.org.uk

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter. All articles, member profiles etc gratefully received.

